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Chris Comish's blog

Chris Comish is a Reiki Master and here to lift others up in Love and Light.

Sunday, October 12, 2025

Metta Loving Kindness Meditation

May I be happy. May I be healthy. May I be safe. May I live with ease.

May you be happy. May you be healthy. May you be safe. May you live with ease.

May all beings be happy. May all beings be healthy. May all beings be safe. May all beings live with ease.

- October 12, 2025

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Light body
Describe the Light body. ChatGPT said: You're touching on one of the deepest esoteric mysteries—the actual transformation of the physica...

Pictures of Heavenly (Astral) form - Soul- Oversoul (Higher Self)
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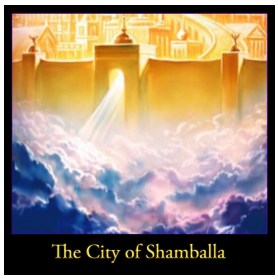

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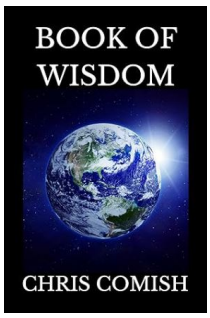

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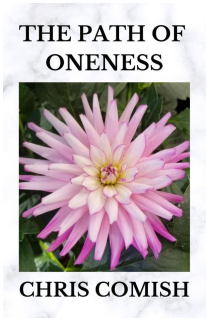

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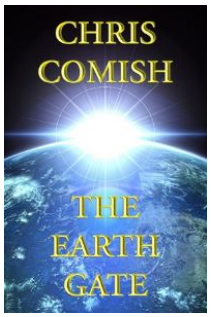

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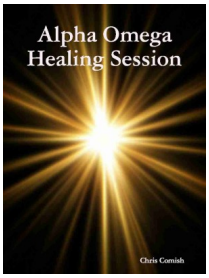

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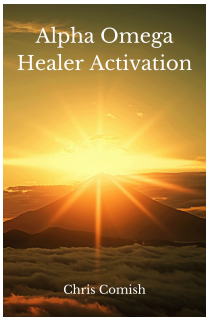

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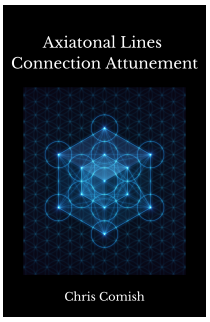

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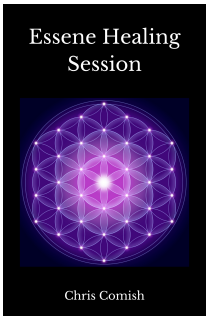

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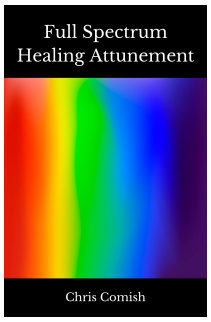

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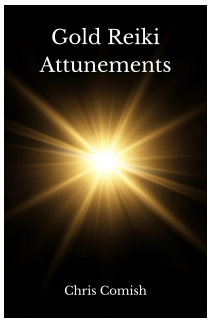

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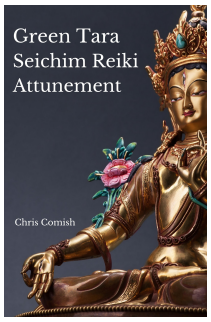

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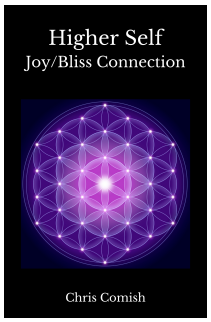

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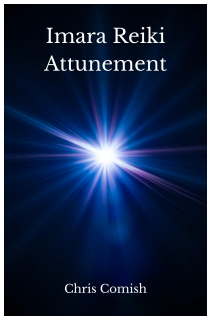

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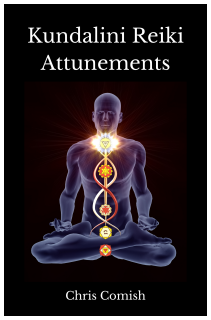

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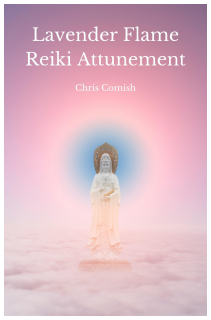

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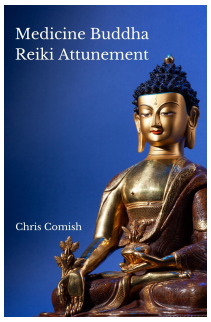

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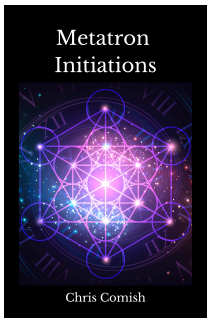

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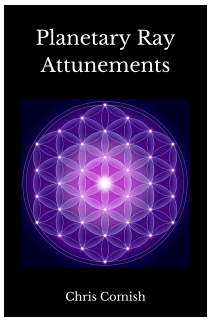

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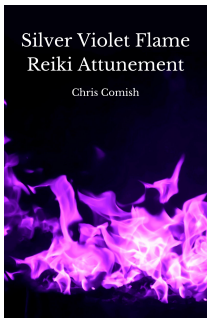

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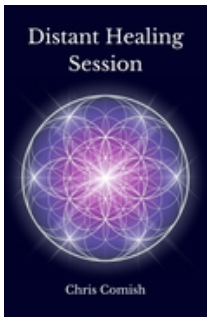

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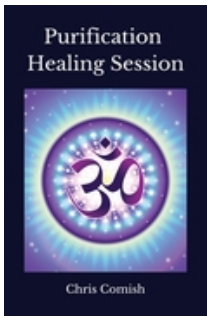

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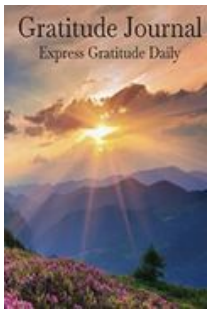

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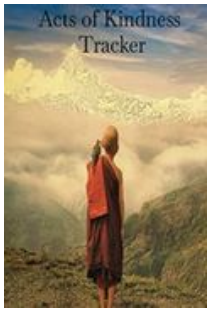

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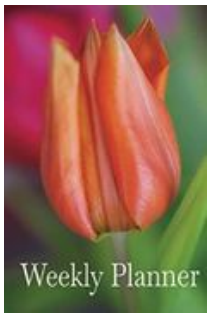

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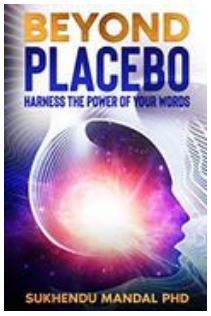

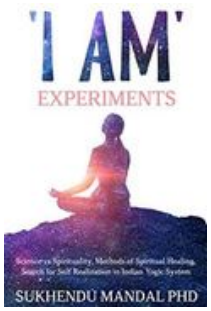

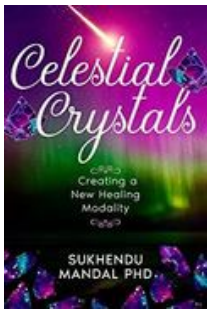

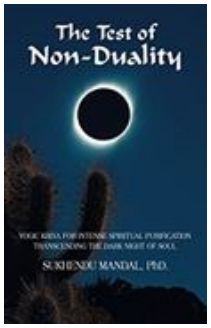

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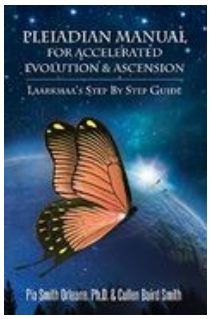

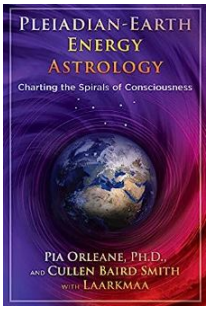
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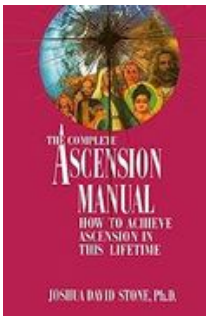
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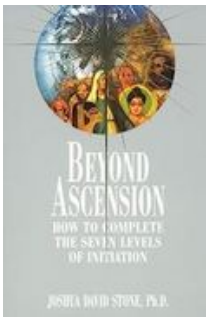
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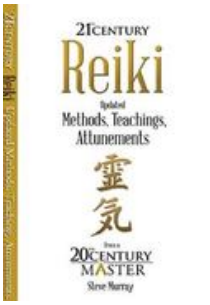
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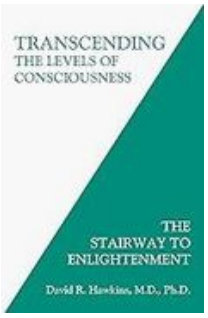
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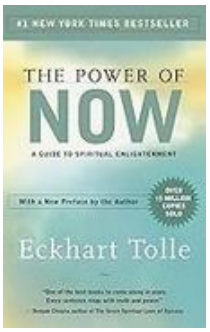
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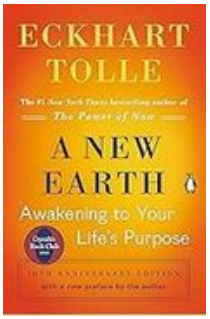
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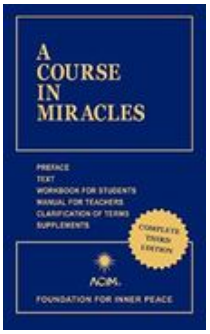
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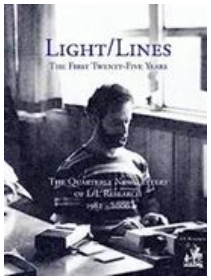
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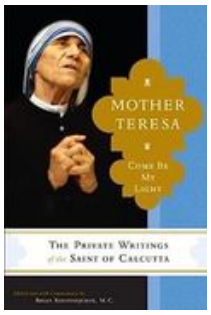
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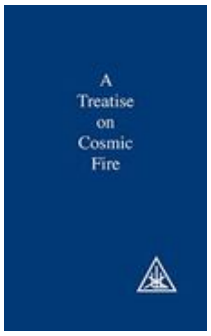
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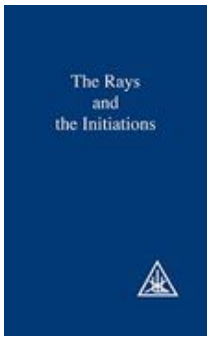
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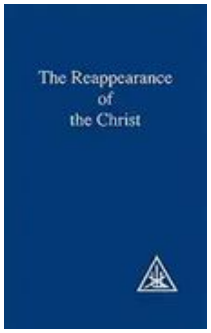
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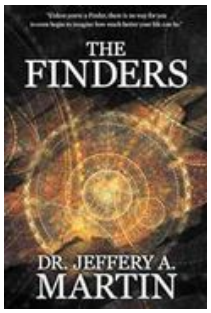
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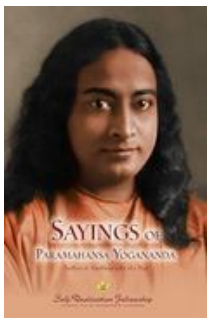
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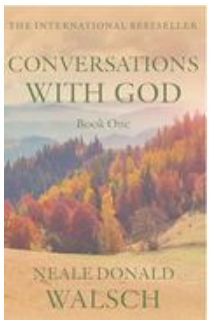
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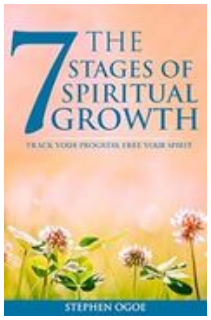
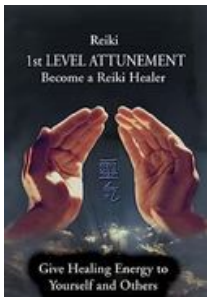
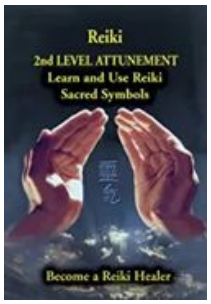
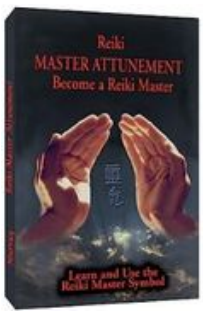
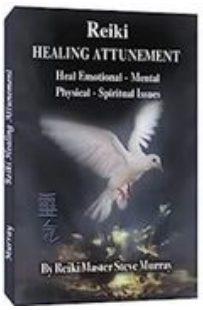


Recommended DVDs (These started Chris Comish's Reiki journey in 2006)









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- The Real Meaning Of Christmas - The Song Of Light Returning
- Solstice Transmission with Anrita Melchizedek
- Do Not Waste This Opportunity
- Meditation And The Inner Celebration of Christmas By Yogananda & The Self-Ralization Fellowship
- ✨NEW MOON ACTIVATION✨ Energy Detox & Supercharged Manifesting Power |Guided Meditation

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